

**MAY  
2010**

# PRIME TIME news

Mountain View Senior Center

## WHAT'S INSIDE

Workshops	Page 1
Movie Matinee	Page 2
Our Center	Page 3
Keeping Current	Page 4
Social Services	Page 5
Etcetera	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8,9
Class Calendar	Page 10

## SENIOR CENTER HOURS

**Monday - Wednesday**

8:30 a.m. - 9:00 p.m.

**Thursday - Friday**

8:30 a.m. - 5:00 p.m.

## SENIOR CENTER STAFF

**STEVE ACHABAL**  
Senior Recreation Coordinator

**MEGAN GARVERICK**  
Recreation Coordinator

**CYNTHIA SPINELLA**  
Office Assistant III

**JUSTINA LINAN**  
**NANCY HUGYIK**  
Recreation Specialist

**ELIZABETH MUSSO**  
Lunch Program  
650-964-6586

**EVENING BUILDING ATTENDANTS**  
Christan Basconcilo  
Jose DeAnda  
Kyle Ignaitis  
Rich Stephens  
Shona O'Neil  
Kari Thorson

**HOLIDAY** - The Center will be closed Mon, May 31st for Memorial Day.

**WORKSHOPS:** Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

**HEALTHY AGING WORKSHOP-** Have you ever wondered if what you are experiencing is healthy normal aging? Would you like to know how to beat the unnatural and life constraining aspects of aging? Join Foothill College instructor, Scott Lohman, as he facilitates a group exploration about aging and some great easy physical exercises. Join this wonderful instructor, sign up today!

**DATE: Monday, May 17th**

**TIME: 12:00 noon**

**LOCATION: Senior Center, Multi Purpose A**

## **FIND ANSWERS ON THE INTERNET?-**

Knowledge has always been a gift. It was passed on to those lucky enough to have access. But never in the history of the pursuit of knowledge has there been a media like the internet! Now, you have infinite knowledge at your fingertips. Learn the tips you need to maximize the efficiency of your internet searches with this workshop. You will also learn about different search engines. Please have basic computer skills before you sign up for this workshop. Sign up early as space is limited.

**Date: Thursday, May 20th**

**Time: 2:00 p.m.**

**LOCATION: Senior Center, Technology Room**

## **ATTENTION ALL ANIMAL LOVERS** "One

reason a dog can be such a comfort when you're feeling blue is that he doesn't try to find out why" Humane Society Silicon Valley will share information on both their Golden Pet program, designed to match senior pets with senior people, and their Pet Guardianship program, which can give you peace of mind knowing there's a plan for your pet in case you can no longer care for it. Come join us to get a visual "tour" of Humane Society Silicon Valley and their new Animal Community Center in Milpitas, and learn how easy it can be to enjoy the loving companionship of a cat or dog in your life.

**DATE: Thursday, May 27th**

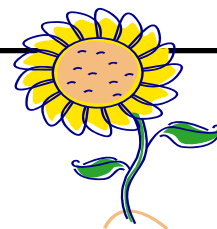
**TIME: 1:00**

**LOCATION: Senior Center, TBA**

**WORKSHOPS**

City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)



## MOVIE MATINEE

Come to one of our double showings!

**WHEN: Tuesdays and Fridays**

**TIME: 1:00 pm**

**WHERE: Multipurpose Room B.**

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



### INGLOURIOUS BASTERDS

**DATES: Tuesday, May 4 and Friday, May 7**

**RATED: R** - Strong graphic violence, language and brief sexuality

**LENGTH: 153 Minutes**

**DESCRIPTION:** A Jewish cinema owner (Mélanie Laurent) in occupied Paris is forced to host a Nazi movie premiere, where a radical group of American Jewish soldiers called the Basterds, led by Lt. Aldo Raine (Brad Pitt), plans to roll out a score-settling scheme. The face-off is about to go down -- that's if Col. Hans Landa aka "The Jew Hunter" (Christoph Waltz, in an Oscar-winning role) doesn't get in the way. Quentin Tarantino directs this World War II-set spaghetti Western.



### AMELIA

**DATES: Tuesday, May 11 and Friday, May 14**

**RATED: PG**

**LENGTH: 120 Minutes**

**DESCRIPTION:** Hilary Swank stars as famed aviator Amelia Earhart in this dramatic biopic that follows the daring pilot's rise from obscurity in Kansas to her troubled marriage to businessman George Putnam (Richard Gere), who recruited her for her first transatlantic flight. Mira Nair (The Namesake, Vanity Fair) directs; Ewan McGregor, Joe Anderson, Christopher Eccleston, Joe Anderson and Mia Wasikowska co-star.



### UP IN THE AIR

**DATES: Tuesday, May 18 and Friday, May 21**

**RATED: R** - Language and some sexual content

**LENGTH: 109 Minutes**

**DESCRIPTION:** Ryan Bingham (George Clooney) racks up miles flying around the country firing employees on behalf of companies. But he faces losing the job he savors to recent college grad Natalie Keener (Anna Kendrick) -- and losing the ability to escape emotional ties to anything. A connection he builds with Alex Goran (Vera Farmiga), however, might change his outlook on the future. Golden Globe winner Jason Reitman's smart comedy also stars Jason Bateman.



### INVENTION OF LYING

**DATES: Tuesday, May 25 and Friday, May 28**

**RATED: PG-13**

**LENGTH: 99 Minutes**

**DESCRIPTION:** In a world where no one fibs, fiction doesn't exist and people take each other at their literal word, unsuccessful screenwriter Mark (Ricky Gervais) gains fame and fortune -- and maybe the girl of his dreams (Jennifer Garner) -- by saying things that aren't true. Gervais co-writes and co-directs this original comedy that co-stars Rob Lowe. Look for cameos by Tina Fey, Jonah Hill, Louis C.K. and Philip Seymour Hoffman.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.



**NEWCOMERS' GROUP** - An orientation and tour of the Senior Center is scheduled for **Monday, May 17, 2010 at 2pm.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

**BIG BINGO** - Join us for Big Bingo. This month it will be held on **Monday, May 3rd at 1pm** in the lunch room.



**FREE DROP-IN COMPUTER HELP** - We have helping hands ready to assist.... **FREE OF CHARGE.** Whether new to the computer, or in need of a refresher, several volunteers can get you pointed in the right direction. **Mondays with JUDY 1-3PM. TUESDAYS with PENINIE 1-3 THURSDAYS with DIVYA, Fridays with RANDY 10:30AM-12:30PM.** Come to the computer lab, it's that easy!!!

**GIVE US YOUR EMAIL** - if you would like to receive the Senior Center Monthly Prime Time News Newsletter via email, please come to the front desk to give us your name and email address.

**BOOKS FOR SALE** - Located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby, are donated paper back books for sale. Books are 10 cents each and can be paid for at the front desk. Maximum amount to be taken at one time is 5!



**DVD COLLECTION** - The Senior Center has a collection of a variety of DVDs available for check out at the front desk. You can check out up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selections.



**DONATIONS** - The Mountain View Senior Center accepts a variety of donations.

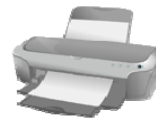
**ACCEPT ONLY**

Old eyeglasses  
Magazines  
Paperback books only

**(no romance novels)**



**FREE TABLE** - Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!



## COMPUTER PRINTER POLICY

Starting June 1st, 2010, all printouts from the computer lab will cost 5 cents per page. Printouts can be pick up at the Senior Center front desk and payment is required at that time.

## EXERCISE ROOM CARD



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation in the exercise room. **WHEN NOT TO COME TO THE EXERCISE ROOM?** - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: TUES: 7:00p.m. – 7:30 p.m. and EVERY WED: 2:30p.m. – 3:00 p.m.

## SENIOR CENTER TELEVISION POLICY



- In order to maintain a tranquil and pleasant environment, the front lobby television is currently turned on only for major news and sporting events. The Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you for your cooperation.

**DID YOU KNOW?** - That the Senior Center's heating and cooling system is electronically controlled?

Staff cannot change room temperatures. For energy conservation, the City mandates that room temperatures is between 68 and 74 degrees.

Building design and other variables can affect the efficiency of the system. Items like the height of the ceilings, the location of the vents, the amount of window surface area, the condition of the blowers, opening and closing of outside doors and even the temperature outside-especially when the building is shut down-can all affect room temperatures.

In order for you to be comfortable, please bring a light jacket or sweater in the summer, and dress in layers in the winter. This will allow you to control your own comfort level. And we ask your cooperation to not prop open the doors or open windows, which will cause the equipment to work harder and increase the potential for breakage as well as cause variations in temperatures throughout the building.

**BROWN BAG RENEWAL in the GAME ROOM** - The Mountain View Senior Center is hosting Second Harvest Food Bank's Annual Brown Bag Renewal on **Tuesday May 11th, 2010 from 9:00 a.m. to 11:30 a.m.** in the Game Room. The Game Room will be closed the evening of Monday, May 10<sup>th</sup> and will reopen Wednesday, May 12<sup>th</sup>. All participants must renew for 2010. For more information or eligibility requirements, call Second Harvest Food Bank at (408) 266 -8866.

**SENIOR ADVISORY COMMITTEE**

The Senior Advisory Committee is an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: Wed, May 19th, June 16th and July 21st.

**Senior Center's Annual Resource Fair**

*Free Raffle*

**Thursday, May 6th, 2010**

**3:30p.m. - 6:00 p.m.**

**Mountain View Senior Center**

Join us for an informational fair featuring many service providers of resources such as legal help and home care, volunteering and insurance, and all services in between. Refreshments will be served.

Stop by the front desk or call (650) 903-6330 for more information!

We hope to see you there!



**A "Luau under the Palms" Spring Dance!!!**

Did you ever envision yourself at a relaxing tropical island? Now is your chance to live out that paradise at a "Luau under the Palms" Dance! This year's spring dance will be **Wed, May 19 from 8:00 p.m. – 10:00 p.m.** The dance will feature ballroom style dancing, yummy refreshments, and live music from Jerry Jay's Quartet. Tickets go on sale Monday, May 3rd and will be \$4 in advance and \$5 day of the dance. Don't forget to come dressed in your favorite tropical outfit.

**VOLUNTEER CORNER**

**MARCH 2010**

<b>Blood Pressure</b>	<b>4</b>
<b>Brown Bag</b>	<b>240</b>
<b>Receptionists</b>	<b>207.25</b>
<b>Social Services</b>	<b>41</b>
<b>Teaching</b>	<b>98</b>
<b>Total</b>	<b>590.25</b>



## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wed** of each month (**5/26/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis. Call the front desk at (650) 903-6330 for an appt.

**BLOOD PRESSURE CHECK** Come to the counseling room to have your blood pressure checked by volunteer nurses on **Friday between 10:30-11:30 a.m.** Also, Tuesday blood pressure screening coming soon....

**EYEGLASS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**5/11/10 and 5/25/10**). Call the front desk at (650) 903-6330 for an appointment.

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**5/11/10 - AM Appts and 5/25/10 - PM Appts**) Call (650) 903-6330 for an appointment.

**HEARING SCREENING** - Visit Dr. Tang the **Second Tuesday (5/11/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.

**PODIATRY SCREENING** - Free evaluations on **Third Wednesday (5/19/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.

**NOTARY SERVICE** - new notary service offered the **first Thursday (5/6/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA) - The 1st and 3rd Thursday (5/6/10, 5/20/10).** Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



**NUTRITION PROGRAM** Lunch is served **Monday - Friday** at 11:45a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** + more information can be found on pages 8 + 9. Sponsored by Community Services Agency, (650) 964-6586.



## VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

- VTA will be at the Senior Center on **Thursday, May 13th, from 10:00 a.m. to 12:00 p.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon.** **Exact change is necessary.** The cost is **\$25.00 per sticker.** Cash only please.

## AARP DRIVER SAFETY REGULAR CLASS - AARP

Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for **Tuesday, June 22 and June 29, 2010 from 6 p.m. to 10:00 p.m.** The fee for the 8.0 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier directly.

## EXERCISE ORIENTATION -

is offered on Tuesday Evenings and Wednesday Afternoons. To be able to use the exercise room, you must sign up for orientation at the front desk. For times and sign ups, contact the front desk.

**SENIOR CIRCUIT TRAINING** - You say you're going to start exercising, but you don't! Why? Because exercising alone just doesn't cut it. That is precisely why the Senior Center brings you S.C.T. Senior Circuit Training, a social exercise group to be held at Rengstorff park. Exercise in groups with the new outdoor equipment and work out with like minded. Join us on Fridays at 10:30am in the Senior Center lobby to walk together to the equipment.



## **MODELS WANTED!**

**Do you have interest in fashion and accessories? Be a model at this year's fashion show on Monday, June 21<sup>st</sup> from 10:00 to 11:30 am.** Do not be shy – everyone is welcome! Call the Mountain View Senior Center at (650) 903 – 6330 or sign up at the front desk when you are visiting the center. Just ask to be on the model's sign up sheet. There are limited spots, sign up early!

## **A STARRY NIGHT – LETS TAKE TIME TO LOOK UP AT THE STARS!!!**



Join us for the 9th Annual Starry Night Fashion Show scheduled for Monday, June 21st at 10:00 a.m. Draper's and Damon's will host the show and lend the volunteer models with lots of beautiful summer outfits! If you are not in the show, you still can come in your favorite midnight blue attire! Free refreshments will be available and everyone present will receive a free ticket for a raffle of prizes! Come and see the latest fashions and colors for the summer season. If you are interested in being a model, go to the Reception Desk and ask to be put on the model sign-up sheet. And remember if you are attending the show, wear your favorite midnight blue attire!

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

Author Unknown. Submitted by Carl Glassman

## **Citywide Garage Sale and Community Yard Sale**



### **Citywide Garage Sale**

At your home  
Sat, May 1st, 8am-2pm  
For more information  
call 650-903-6227 +  
press 1.

### **Community Yard Sale**

Rengstorff Park  
Sat, May 8th,  
8am-2pm

For more information  
please call  
650-903-6227 and  
press 2.



## **A PATRIOTIC SUMMER PICNIC CELEBRATION!!**



SAVE THE DATE for this year's summer picnic. The picnic will take place at Rengstorff Park Picnic Area on **Thursday, July 1st at 12:00 noon**. Menu and other details coming soon. Lay out your patriotic red, white and blue themed ensembles and mark your lunch calendar for July 1st!

### **Referral Information**

- Outreach Transportation 408-436-2865
- Social Security Office 1-800-772-1213

# Mountain View Seasoned Travelers

**NEW TRAVEL  
DESK HOURS**

For travel information, registration and payment:  
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30am-12:00pm and Thursdays at the travel desk in front of the social hall from 10:00 - 11:45am

**TRAVEL**

## BEE'S and TREE'S

WHEN: Monday, May 24, 2010

COST: \$81.00 p/p

INCLUDES: Marshall's Honey Bee Farm, V. Sattui Winery and Petrified Forest.

DEPART: 9:00am, from Rengstorff Park

RETURN: 6:00pm approximately



## PLAYLAND-NOT-AT-THE-BEACH, El Cerrito

WHEN: Wednesday, July 14, 2010

COST: \$92.00 p/p

INCLUDES: Playland offers a unique hands-on opportunity to experience favorite games and activities of the past. Enjoy a hosted lunch at Fenton's Ice Creamery...yum! Then onto a guided tour of the newly renovated historic Fox Theater; neglected for nearly 40 years this once glamorous theater has made it's comeback and has a great story to tell.

DEPART: 8:30am, from Senior Center

RETURN: 5:30pm approximately

## VILLA CA'TOGA

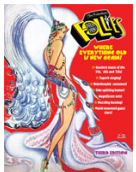
WHEN: Wednesday, October 20, 2010

COST: \$98.00 p/p

INCLUDES: A guided tour of the villa, gardens and grounds of Villa Ca'toga will enchant you. Following the tour we'll enjoy a hosted lunch at Brannan's Grill, Calistoga and free time to explore this quaint town.

DEPART: 8:00am, from Rengstorff Park

RETURN: 6:00pm approximately



## FABULOUS PALM SPRING FOLLIES

WHEN: Wed, Dec 1– Fri, Dec 3, 2010

COST: \$580.00 per person

INCLUDES: The annual "Jolly Follies Christmas Show" will feature guest stars, The Crystals! This great getaway includes a two-night luxury accommodations at the Spa Casino Resort, Fabulous Palm Springs Follies Show, and all meals.

DEPART: 7:30am, from Rengstorff Park on Dec 1

RETURN: 6:00pm approximately on Dec 3rd

## BLACK OAK CASINO, Tuolumne

WHEN: Friday, June 4, 2010

COST: \$ 21 per person

INCLUDES: round trip transportation via luxury motor coach and driver's gratuity

Casino Bonus: \$10.00 Cash & \$5 Match Play

Valid photo I.D. – casino bonuses subject to change without notice.

DEPART: 7:30am from Senior Center

RETURN: 5:30pm Approximately

## JACKSON RANCHERIA CASINO

WHEN: Thursday, July 8, 2010

COST: \$33.00 p/p

INCLUDES: round trip transportation via luxury motor coach and driver's gratuity

DEPART: 7:30am from Senior Center

RETURN: 5:30 p.m. Approximately

## TABLE MOUNTAIN CASINO, Friant

WHEN: Wednesday, August 4, 2010

COST: \$20.00 p/p

INCLUDES: round trip transportation via luxury motor coach and driver's gratuity. Casino Bonus: \$5 Cash

DEPART: 7:30am from Senior Center

RETURN: 5:30 p.m. Approximately

## FEATHER FALLS CASINO, Oroville

WHEN: Tuesday, September 7, 2010

COST: \$20.00 p/p

INCLUDES: Casino Bonus: \$10 Cash

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

## BLACK OAK CASINO, Tuolumne

WHEN: Tuesday, October 5, 2010

COST: \$21.00 p/p

INCLUDES: Casino Bonus: \$10 Cash & \$5

Food. round trip transportation via luxury motor coach and driver's gratuity

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

Travel Arrangements by Kanen Tours CST# 2095653-50

# MAY 2010 LUNCH MENU AND ACTIVITIES

Mon	Tue	Wed
<p>3</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Salmon Stuffed Boats</i></p> <p>Couscous</p> <p>Swiss Chard</p> <p>Baked Tomato</p> <p>Peaches</p> <p>1:00 BIG BINGO, lunch room</p>	<p>4</p> <p>11:45 LUNCH MENU</p> <p><i>Pork Chop</i></p> <p>Vegan Split Pea Soup</p> <p>Whole Grain Muffin</p> <p>Garden Salad</p> <p>Tangerine</p> <p>Oatmeal Cookie</p> <p>1:00 Movie, Inglourious Basterds</p>	<p>5</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Chop Suey</i></p> <p>Fried Brown Rice</p> <p>Chilled Broccoli Salad</p> <p>Fresh Fruit</p> <p>12:45 Bingo, lunch room</p>
<p>10</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Turkey Meatloaf</i></p> <p>Whole Grain Bread</p> <p>Brussels Sprouts</p> <p>Garlic Mashed Potatoes</p> <p>Fresh Fruit</p>	<p>11</p> <p>8:30 HICAP</p> <p>9:15 Eyeglass Repair</p> <p>11:45 LUNCH MENU</p> <p><i>Chicken Pot Pie</i></p> <p>(vegetarian available)</p> <p>Confetti Coleslaw</p> <p>Apple</p> <p>1:00 Movie, Amelia</p> <p>2:00 Hearing Screening</p>	<p>12</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Salmon Fillet</i></p> <p>Brown Rice</p> <p>Steamed Spinach</p> <p>Minestrone Soup</p> <p>Banana</p> <p>Pudding</p> <p>12:45 Bingo, lunch room</p>
<p>17</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Swedish Meatballs</i></p> <p>Egg Noodles</p> <p>Baked Tomato</p> <p>Spinach &amp; Cheese Salad</p> <p>Pineapple</p> <p>12:00 WORKSHOP: Healthy Aging</p> <p>2:00 Newcomers Group</p>	<p>18</p> <p>11am Information + Referral</p> <p>11:45 LUNCH MENU</p> <p><i>Pasta Primavera w/ Ham</i></p> <p>(vegetarian available)</p> <p>Garlic Bread</p> <p>Garden Salad</p> <p>Banana</p> <p>Oatmeal Cookie</p> <p>1:00 Movie, Up in the Air</p>	<p>19</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Chicken A La King</i></p> <p>Brown Rice Pilaf</p> <p>Au Gratin Potatoes</p> <p>Apple</p> <p>12:45 Bingo, lunch room</p> <p>2:00 Senior Advisory Committee Meeting</p> <p>8:00 "Luau under the Palms" Dance</p>
<p>24</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Breaded Cod</i></p> <p>Spanish Rice &amp; Black Beans</p> <p>Garden Salad</p> <p>Parsley Buttered Carrots</p> <p>Orange</p> <p>Sugar-Free Jello</p>	<p>25</p> <p>9:15 Eyeglass Repair</p> <p>11:45 LUNCH MENU</p> <p><i>Oven Roasted Chicken Breast</i></p> <p>Brown Rice</p> <p>Sautéed Fresh Broccoli, Cauliflower</p> <p>&amp; Carrots</p> <p>Peaches</p> <p>1:00 Movie, Invention of Lying</p> <p>1:00 HICAP</p>	<p>26</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p><i>Beef Stuffed Bell Pepper w/ Sauce</i></p> <p>Hard Boiled Egg</p> <p>Marinara Noodles w/ Basil</p> <p>Italian Blend Vegetables</p> <p>Fresh Fruit</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p>



<div> <div>Thu</div> <div>Fri</div> </div>		<b>NUTRITION PROGRAM -</b> The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.  = Meal contains more than 1000mg sodium
6 8:30 Notary Service 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Spinach &amp; Cheese Tortellini w/ Tomato Sauce</i>  Hard Boiled Egg Potato Salad Baked Eggplant Mandarin Oranges 1:00 SALA Appts 3:30 Resource Fair	7 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Sesame Orange Chicken</i>  Brown Rice Green Salad Orange 1:00 Movie, Inglourious Basterds	
13 10:30 Dancing, lunch room 10:00 VTA Cards 11:45 LUNCH MENU <i>Chicken Asparagus Pecan Pasta</i>  Caesar Salad Tropical Fruit Cup Sugar-Free Jello	14 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Breaded Fish</i> Whole Grain Roll Sautéed Cabbage & Carrots Sautéed Mushrooms Orange 1:00 Movie, Amelia	<b>Garden Pasta Salad</b> 
20 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Baked Fish w/ Seasonings</i> Whole Grain Roll Seasoned Broccoli  Sweet Potatoes Fresh Fruit 1:00 SALA Appts 1:00 WORKSHOP: Find answers on the internet?	21 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Chicken Noodle Soup</i>  Whole Wheat Roll Squash Salad Cantaloupe Birthday Cake 1:00 Movie, Up in the Air	<b>INGREDIENTS:</b> <ul style="list-style-type: none"> <li>1 (16 ounce) package uncooked tri-color spiral pasta</li> <li>1/2 cup thinly sliced carrots</li> <li>2 stalks celery, chopped</li> <li>1/2 cup chopped green bell pepper</li> <li>1/2 cup cucumber, peeled and thinly sliced</li> <li>2 large tomatoes, diced</li> <li>1/4 cup chopped onion</li> <li>2 (16 ounce) bottles Italian-style salad dressing</li> <li>1/2 cup grated Parmesan cheese</li> </ul>
27 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Chicken Cordon Bleu</i> Whole Wheat Noodles w/ Pesto Green Beans Garden Salad Mandarin Oranges 1:00 WORKSHOP: All Animal Lovers	28 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Chinese Pepper Steak</i> Fried Brown Rice Oriental Vegetables Spinach Banana 1:00 Movie, Invention of Lying	<b>DIRECTIONS:</b> <ol style="list-style-type: none"> <li>Cook pasta in large pot of boiling water until al dente. Rinse under cold water, and drain.</li> <li>Mix chopped carrots, celery, cucumber, green pepper, tomatoes, and onion together in large bowl.</li> <li>Combine cooled pasta and vegetables together in large bowl. Pour Italian dressing over mixture, add Parmesan cheese and mix well.</li> <li>Chill for one hour before serving.</li> </ol>

# WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Drawing/Watercolor	9:00 Ceramics-Sculpt	8:45 Adaptive Yoga	8:45 ESL, Beg + Int.
8:45 ESL - Beg. +Int	9:00 Intro to Email	9:00 Painting Club	8:45 ESL - Beg. & Int.	9:00 Calligraphy
9:00 Creative Stitchery	9:30 Brown Bag	9:00 Meet the PC	9:00 Ceramics-EGF	10:00 Feldenkrais
9:00 Meet the PC	10:30 Strong for Life	9:00 Managing your pix	10:00 General Cond.	10:30 Computer Help
9:00 Managing your pix	11:45 Lunch	9:30 Chorus	10:00 VTA Cards, 3rd TH	10:30 Blood Pressure
10:15 T'ai Chi	12:30 Spanish-Int.	10:00 Therapeutic Yoga	10:00 Qigong, com ctr	10:30 ESL- BH and AL
10:30 ESL- BH and AL	1:00 Karaoke	11:45 Lunch	10:00 Trips Desk	11:45 Lunch
11:45 Lunch	1:00 Workout/Broadway	1:00 Ceramics-Basic	10:30 ESL B.H. & A.L.	1:00 English Con.
1:00 Bingo, 1st Monday	1:00 Computer help	1:00 Knitting/Crochet	11:00 Health Library	1:00 Line Dancing
1:00 Computer help	1:00 Low impact aerobics	1:15 Orchestra	11:45 Lunch	2:15 Square Dancing
1:00 Woodcarving	2:15 Workout/Broadway	5:30 Qigong	12:30 Memoirs	
1:00 General Cond	2:30 Chinese Chorus		1:00 Computer Help	
1:30 Quiltmaking tech	5:30 Flowing Movement		1:00 General Cond.	
7:00 Social Dance Club			1:00 Workout/Broadway	
<b>CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE</b> Class Start and End dates are in the Winter/Spring Class Guide that is located at the front desk.			1:00 Low Impact Aerobics	
			1:00 Ceramics-Basic	
			1:00 Fig & Port Drawing	
			2:15 Workout/Broadway	

**Registration for the classes that occur at our center, takes place through the following agencies:**

## **MV-LA, Mountain View Los Altos Adult Education**

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650)-940-1333** with your credit card available.
3. or visit their website to register for this class at [www.mvlaae.net](http://www.mvlaae.net)

**FOOTHILL-** Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(650)-949-7321**.

**VOLUNTEER** – These classes are free and there is no need to register. Please just attend.

**IN CLASS** - Register for these classes with the class instructor.

The Summer Class Guide will be available at the end of May.  
Please pick one up at the Senior Center Front Desk.  
Summer classes start in July.